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Nutrition Services

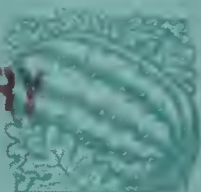
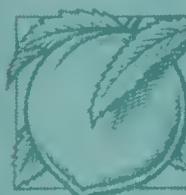
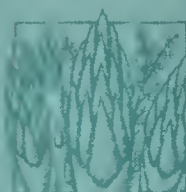
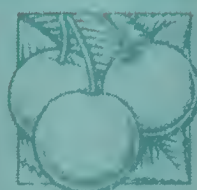
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**Illinois Department of
Human Services
Bureau of Family Nutrition
Nutrition Services Section**



Nutrition Services

MISSION

To achieve optimum health and disease prevention through a network of family-oriented nutrition services.

The Illinois Department of Human Services Nutrition Services program supports self-sufficiency, health and well-being by:

- Advocating healthy lifestyles through nutrition and physical activity
 - Optimizing family health through breastfeeding education and support
 - Promoting cultural sensitivity in community programs
 - Collaborating with state and community programs
 - Fostering the expansion of local agency nutrition services
-

DHS Nutrition Services Section

The Nutrition Services Section staff are Registered and Licensed Dietitians who bring the most current, scientifically-based nutrition and health information to the citizens of Illinois.

Training and educating state and local agency health professionals are major responsibilities of the section.

The Nutrition Services Section provides consultation and technical assistance to the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Diabetes Control Program and other maternal and child health programs including family health and prevention programs.

Nutrition's Role in Preventing Chronic Disease

Chronic disease prevention efforts are focusing more than ever on diet as the link between food intake and conditions such as heart disease and cancer. Two Department of Human Services initiatives have significant potential for preventing disease and improving the health of Illinoisans.

- **Breastfeeding** provides increased self-sufficiency, improved health and independence. Increasing the number of babies who are breastfed will help lower acute illness in infancy and childhood and chronic diseases in adulthood.



The Nutrition Services Section has a strong commitment to breastfeeding promotion and education. The staff includes the USDA-designated Breastfeeding Coordinator for Illinois.

- Illinois is a licensee of the ***Five A Day for Better Health Program***. DHS staff disseminate the most up-to-date information and tools to boost fruit and vegetable consumption in Illinois communities.

Increasing the consumption of fruits and vegetables to five servings daily is expected to reduce cancer and heart disease rates.

**DHS Nutrition Services
staff have expertise in:**

- Maternal & Child Health
- Infant & Pediatric Nutrition
- Breastfeeding & Human Lactation
- Nutrition Education & Evaluation
- Training/Group Facilitation
- Program & Policy Development
- Computer Management Information Systems (i.e., Cornerstone and Pediatric and Pregnancy Nutrition Surveillance Systems)
- Nutrition for Children with Special Health Care Needs
- Diabetes & Gestational Diabetes
- Chronic Disease Prevention
- Interagency Collaboration
- Food Security Issues

Staff continually seek better ways to convey nutrition messages. Special projects are undertaken in collaboration with other departments, programs or agencies.

The DHS Nutrition Services Section is currently collaborating with:

- Illinois Interagency Nutrition Council
- Diabetes Advisory Coalition
- Nutrition Advisory Committee
- Illinois Breastfeeding Promotion Task Force
- Physician's Breastfeeding Network of Illinois
- Project Success
- Graduate Dietetic Students' Field Experiences in Public Health Nutrition

Commitment to Continued Learning:

DHS Nutrition Services staff must stay current in the very dynamic field of nutrition. Registered and Licensed Dietitians are required to maintain a yearly quota of Continuing Education Units.

Through attending regular educational programs in specific speciality areas, they are able to translate contemporary nutrition science theory and facts into relevant and practical nutrition recommendations.

For More Information

If you have questions or would like more information regarding Nutrition Services, contact the Illinois Department of Human Services Nutrition Services Section at:

217/782-2166 (Voice)

217/557-3946 (TTY)



Illinois Department of Human Services

Community Health and Prevention
Office of Family Health
Bureau of Family Nutrition
Nutrition Services Section



Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, disability, sexual orientation, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.

DHS 4417 (N-2-00) Nutrition Services

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